

# Adult & Family Learning Services

## Learning Opportunities 2025

### Foxlea Community Learning Centre

**Monday**                      **Digital Skills for Beginners**                      **9:30 till 11.30am**

Our friendly and relaxed Digital Beginners groups are about finding out what digital devices can do for you and building the skills and confidence to use them in everyday life. We can help with everything from turning them on and understanding the basics, through to going online safely and finding and saving information. You will learn how to recognise technical problems and solve simple issues, and when and how to seek help for those troublesome technical problems.

**Monday**                      **Digital Skills for Work**                      **12:30 till 2:30pm**

Build your digital skills for the workplace environment. Use devices to communicate, collaborate and share information and develop the skills required to find, manage, and store digital information and content securely. Also, learn how to register and apply for services, buy, and sell goods and services, and administer and manage transactions online.

**Tuesday**                      **Adult Literacies**

Would you like to build your confidence with Reading, Writing, Spelling or Numeracy? Are you looking for support to help your children with their homework? Would you like to brush up on your literacies skills to help you in or gain employment or go to college or university? Help with everyday literacies which could include Driving Theory, CSCS Card (Construction Skills Certification Scheme), Financial literacies - Talk Learn and Do course or Digital literacies

If you would like more information regarding the groups or attend one of the sessions, contact Kirsteen Jamieson on 0141 487 0160 or email:  
[adult.learning@renfrewshire.gov.uk](mailto:adult.learning@renfrewshire.gov.uk)

For more information regarding the courses at Foxlea Learning Centre, phone 0141 487 1921

Foxlea Community Learning Centre  
C/o St Paul's School  
Morar Drive, Paisley, PA2 9FA  
Tel: 0141 487 1921



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#### **Tuesday**

#### **Upcycle Skills**

**12.30 till 2:30pm**

Be creative and have fun breathing new life into unwanted cards and boxes that no longer have a use, giving them a second life and new function. You'll learn the art of paper crafting and discover how everyday materials can be transformed into charming, functional creations. **What you'll create**, Gift bags and gift boxes from greeting cards, Stylish envelopes from gift wrap paper, Plus, a taster of knitting and sewing

#### **Thursday**

#### **Talk Learn and Do Course**

A fun learning course for Parents, Carers and Grandparents. How do we talk to children about money? How to combat Pester Power? How to help your child through family fun activities? Learning together. Sharing money saving tips. Pocket money. Fun activities and discussions. For more information regarding the course contact Kirsteen Jamieson on 0141 487 0160 or email: [kirsteen.jamieson@renfrewshire.gov.uk](mailto:kirsteen.jamieson@renfrewshire.gov.uk)

#### **Thursday**

#### **Wellbeing Group**

**1 till 3pm**

Our wellbeing groups help people identify ways to improve their health and wellbeing, and they are a great way to make new friendships and build skills and confidence. The sessions can include activities like group discussions, relaxation techniques and exploring the local area's green spaces, history and culture and are developed around the needs and interests of the group. For more information contact Mary Horsburgh on 0141 487 1921

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